Subject	Sex	Age (y)	Height (cm)	Weight (kg)	Tr.age (y)	1st and 2nd main event	1st Main event PB (% WR)*
S1	F	17	163	53	8	200 m; 100 freestyle	90%
S2	F	17	180	77	7	100 m; 200 m freestyle	85%
S3	F	16	187	66	6	400 m; 800 m freestyle	90%
S4	M	16	180	67	8	200 m; 100 m freestyle	79%
S5	M	16	180	70	6	200 m; 100 m freestyle	81%
S6	M	15	184	71	7	100 m; 200 m butterfly	82%
S7	F	15	165	57	8	100 m; 200 m butterfly	81%
S8	M	17	191	74	7	400 m; 200 m individual medley	85%
S9	M	15	178	59	5	100 m; 200 m breaststroke	82%
S10	F	15	177	65	7	200 m, 100 m backstroke	86%
S11	M	17	182	73	10	100 m; 200 m backstroke	83%
S12	M	14	180	59	6	200 m, 100 m backstroke	78%
Mean		**16**	**179**	**66**	**7**		**84%**
SD ±		**1**	**8**	**8**	**1**		**4%**

*Current world record (WR) for a short course (25 m) pool in the given event. Tr.age, training history; PB, personal best time.